

## 2005 Naval Academy Summer Seminar Attendance Instructions and Checklist

The following general information is provided to assist you in preparing for your six-day experience at the Naval Academy.

### **MEDICAL INFORMATION**

The Naval Academy has a modern, well-staffed Naval Medical Clinic that provides outpatient care to the Brigade of Midshipmen and the military staff at the Naval Academy, as well as outpatient care to other eligible beneficiaries in the Annapolis area (to include dependents, retirees and active duty military personnel not assigned to the Naval Academy). The Naval Medical Clinic does not have an emergency room or inpatient care facilities. Therefore, patients who require definitive emergency care or hospitalization must go to either Anne Arundel General Hospital (located in Annapolis) or Bethesda Naval Hospital, depending upon such factors as urgency of need, specific nature of the medical problem, and entitlement to care in military treatment facilities.

Regulations governing entitlement to care at naval medical treatment facilities state that in an emergency, any person may be rendered care in order to prevent undue suffering or loss of life or limb. However, medical care shall be limited to that necessary only during the period of the emergency. If further medical care is indicated, action will be initiated to transfer the patient to the appropriate facilities as soon as possible. Therefore, if a Seminar attendee sustains an injury or illness which requires emergency care, the Naval Medical Clinic staff will stabilize and then transfer the patient to the appropriate health care facility, unless direct transfer is warranted. Civilian patients who are not eligible beneficiaries may be billed for any care provided by naval medical treatment facilities at the discretion of appropriate authority. Care rendered to Seminar attendees by civilian physicians and hospitals will be at their own expense.

To facilitate obtaining medical care for Summer Seminar students, a medical power of attorney form was enclosed with your selection notification letter. **Students selected for Summer Seminar will not be allowed to register until the medical power of attorney form is completed and properly witnessed (the form does not need to be notarized).** The Naval Academy would, of course, immediately contact a Seminar attendee's parents/guardians if warranted by a medical emergency. Eligible beneficiaries should also bring their dependent ID cards to help establish their entitlement to care at military treatment facilities and to ensure appropriate disposition if emergency room care or hospitalization is needed.

**Medical care cannot be provided for chronic or recurring illnesses such as diabetes, asthma, allergies, etc., nor can dental care be provided. Therefore, individuals with such medical problems should not attend the seminar.** Questions in this regard should be addressed to the Summer Seminar Coordinator at (410)293-4361.

### **PHYSICAL TRAINING**

You should be in good physical condition and prepared to participate in daily rigorous physical training. This will involve stretching, push-ups, sit-ups, group runs of at least two miles and other conditioning exercises. It is important to have proper fitting running shoes and to have acclimatized your body by increasing your daily intake of water prior to arriving. If you have questions or concerns regarding your physical aptitude for the Summer Seminar activities, please consult your family physician. All participants will take the Naval Academy's Candidate Fitness Assessment (CFA) which will be used in the admissions process. For more information on the CFA, visit the admissions web site at [www.usna.edu/Admissions](http://www.usna.edu/Admissions). You should practice these exercises now. Participants will also have the opportunity to complete the Physical Readiness Test that all USNA midshipmen must pass twice a year. Information on the PRT is also available under the above link.

The Seminar program includes time for recreational sports activities. It can reasonably be expected that a few "bumps and bruises" may occur. Again, in order that we may have the parents'/guardians' legal permission to render emergency medical care, the Sports Participation and Medical Power of Attorney form **MUST** be on file with us while you are here at the Seminar. The medical Power of Attorney form does NOT need to be notarized, only witnessed.

## **TRANSPORTATION TO THE NAVAL ACADEMY**

Participants in the Seminar are responsible for arranging and financing transportation to and from the Naval Academy except for transportation to and from Baltimore-Washington International airport (BWI).

Maps/Directions to the Naval Academy are available on the web site, [www.usna.edu/Admissions/visit.htm](http://www.usna.edu/Admissions/visit.htm).

To assist those flying to the Baltimore-Washington International airport (BWI), we will have Naval Academy buses or vans leaving from the airport for the Naval Academy on a regular basis from 10:00 am to 5:00 pm on Saturday (04, 11, or 18 June). If possible, please do not schedule airline arrivals after 4:30 pm, although we realize that this may be necessary for students arriving from the Western US. If you will be arriving after 4:30 pm please call your admissions counselor at 410-293-4361 to let him or her know when you will be arriving. If we are unable to pick you up we will contact you in which case regular shuttle buses are available to the Naval Academy. Midshipmen will be available near the baggage pickup area to coordinate transportation arrangements. Due to limited bus assets, we cannot provide bus transportation from either Washington National or Dulles Airports.

## **CHECK-IN AND REGISTRATION**

You should report to Dahlgren Hall between 11:00 am and 4:30 pm on Saturday, 04, 11, or 18 June. Check-in and room assignment cannot be made prior to 11:00 am on Saturday. The first scheduled event will be formation at 4:45 p.m. on Day 1. After 6:00 pm, report to the Main Office in Bancroft Hall. If you arrive before the designated check-in period (i.e. Friday evening), you should make lodging arrangements at a local hotel. Please refer to the Annapolis Visitors Bureau at 410-268-8687 for additional information on local area accommodations.

## **ROOMS AND MEALS**

During the Seminar, you will be housed in Bancroft Hall, the largest dormitory complex in the world. All rooms are designed for 2 or 3 people and have desks, a shower and sink area. Your meals will be served in King Hall and Dahlgren Hall throughout your stay at USNA.

## **WHAT TO BRING**

You will be too busy to do laundry, so please bring enough clothes for the entire week, to include extra pairs of socks and underwear (you will have physical training at 0530 every day). The temperatures may be in the 80's and 90's with possible showers, and high humidity. Dress will be informal but neat in appearance. Shorts are encouraged but must be tasteful in appearance. There is an informal social mixer one evening so you may want to bring one non-athletic shirt (shorts are absolutely acceptable for this event). You will be issued five Summer Seminar t-shirts, sweat pants, and sweat shirts. **Bring towels, twin size bed linens, a pillow and pillowcase, toiletries, and athletic wear (including running shoes and a swim suit).** You might want to bring a second pair (older) of running shoes for the Team Building Exercises. Females, a one piece swim suit is required. Shorts or jeans are acceptable attire for the class room and Bancroft Hall. Bring a combination or key lock for clothing lockers, but do not bring excessive amounts of money or other valuables as safekeeping facilities cannot be provided and the Academy cannot be responsible for lost or stolen articles. Due to the humidity in the Annapolis area, you may also want to bring a small fan. Finally, if you have a travel alarm clock, bring it. If you do not already own one, do not feel compelled to purchase one.

## **COMMUNICATIONS**

In case of family emergency, a message can be left for you by calling the Main Office, Bancroft Hall, at (410) 293-5001/5002. **Please be sure to specify that the person you are trying to reach is participating in the Summer Seminar.**

## **DEPARTURE**

The Seminar will conclude at approximately noon on Thursday, June 9, 16, or 23. Information on the closing ceremony for any parents from the local area interested in attending will be made available on the web site within two weeks of the first session. The ceremony is quite brief and is not intended as a “must-see” for parents and family—it is simply a wrap-up of the week for the students. Naval Academy buses will depart USNA at 12:30 p.m. for BWI Airport. Please do not schedule airline departures earlier than 3:00 pm. **Buses will not be provided for Washington Reagan National or Dulles Airports.** Individuals waiting to be picked up should use Dahlgren Hall as a meeting place. Participants will not be authorized to stay in Bancroft Hall after noon on Thursday.

Participants desiring to remain in Annapolis after 12:00 pm Thursday must make private arrangements outside of Bancroft Hall for room and board.

## **AUTOMOBILES**

Due to the Naval Academy’s heightened security posture, if you are planning to drive onto the Academy for drop-off/pick-up you must bring the original, embossed selection letter along with a photo ID. If you, the student, are going to drive yourself to the Academy and need a place to park your car for the duration of the week, make sure you indicate this in the place provided on the Accept/Decline sheet.

## **RULES AND REGULATIONS WHILE RESIDING IN BANCROFT HALL**

**Compliance with these rules is MANDATORY for all students attending the Summer Seminar. Non-compliance and disregard for these rules may result in immediate dismissal from the Summer Seminar program.**

1. **USE OF ALCOHOL OR ILLEGAL DRUGS IS STRICTLY FORBIDDEN.**
2. DO NOT leave Bancroft Hall unescorted.
3. Smoking and/or use of smokeless tobacco is NOT permitted under any circumstances.
4. No men permitted on the women’s floor.
5. No women permitted on the men’s floor.
6. A shirt and shoes will be worn at all times.
7. ROOMS:
  - No food is to be prepared in the rooms (this includes jam, butter, cheese, opening canned foods, bottles, and brewing of coffee).
  - Do not hang objects out of windows.
  - Rooms that are not your own are off limits unless invited and escorted by the residents of that room.
  - Rooms will be neat and orderly. The midshipmen will teach you how to keep your rooms in good midshipman order. Whenever your room is unoccupied beds will be made, the floor will clean and swept, and the shower and sink will be clean.
  - Valuables will be locked before you leave your room unattended.
  - You must be in your own room and quiet by 2230 (10:30 pm).

## **STUDENT CHECKLIST:**

Complete the white Entrance Fee form.	Y	N
Place the white form in the white envelope along with check (unless using a credit card), place a stamp on the envelope and mail it.	Y	N
Fill out <b>both sides</b> of the Medical Power of Attorney form.	Y	N
Complete the Hometown News Release form.	Y	N
Fill out the Accept/Decline form.	Y	N
Place all three sheets in the blue envelope and mail it.	Y	N